

Prevention of Suicide: A Behavioral Health Promotion Approach

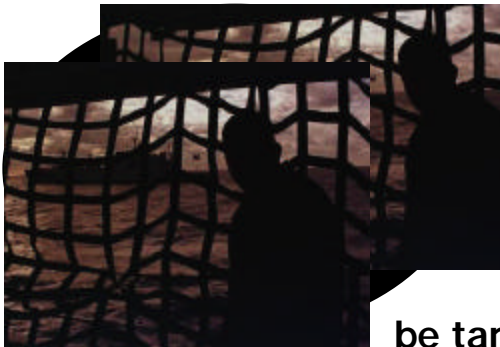
Universal/Primary Prevention

Focus is upon the *behavioral health of the entire population*. Strategy entails providing awareness and education in recognizing the signs of potential suicide, and the early signs of alcohol abuse, anxiety and depression and other mental health problems. The goals are to convey the messages that no one is invulnerable to suicide and that getting help is okay.



Selective/Secondary Prevention

Focus is upon *groups that are most at risk* for suicide. These groups may be at a higher risk for developing mental health problems in the future. For example, those who misuse alcohol, who have been abused and mistreated, or whose parents have a Bipolar Mood disorder may be targeted. The goal is to reduce risks for behavioral health disorders.



Indicated/Tertiary Prevention

Focus is upon *individuals who manifest symptoms and signs* of psychological disorders, and targets specific groups most at risk for suicide. This may include, but is not limited to- groups and individuals with anxiety, depressive, substance abuse and eating disorders; and individuals with suicidal thinking or who have engaged in repeated self-harm behaviors.

